



## LIVE BETTER EVERY DAY.

Take what matters most to you...add games, rewards, challenges, friends...wrap it up in the latest technology...and say hello to Virgin Pulse!

Learn more: [join.virginpulse.com/cityofsanantonio](http://join.virginpulse.com/cityofsanantonio)

### How it Works

Getting more active, getting more sleep, eating nutritious foods – healthy behaviors like these deliver noticeable benefits like reducing your risk of certain diseases, increasing your focus, and just making you feel great! The more healthy decisions you make, the more HealthMiles (points) you earn, the more rewards you get!

#### THE BASICS

- Start by making a commitment to healthier living.
- Use your GoZone® pedometer and your personal Virgin Pulse account to keep track of all your healthy activities from moving more to drinking more water to getting more sleep. The more you do the more HealthMiles (points) you earn.
- Check in by taking health measurements like weight and blood pressure; earn HealthMiles for that, too.
- Take part in challenges, get support from co-workers and discover healthy tips, recipes and more!
- Get a little something to show for all the healthy things you do! Up to \$500 a year!

### CLIP ON YOUR GOZONE AND...GO!



Your GoZone measures your daily activity in steps. Wear it clipped to your waistband or pocket for the most accurate results. It's easy, quick and helps you earn rewards.



# HOW TO EARN HEALTHMILES.

Make healthy decisions every day! The more you make, the more you earn. Check it out.

<b>ACTIVITY</b> up to 100 HealthMiles per day	Upload steps from your GoZone activity tracker	PER DAY	Up to 6,999 steps in a day or less than 15 Active minutes	20 HealthMiles
			7,000 - 11,999 steps or 15 – 29 Active Minutes	60 HealthMiles
			12,000 - 19,999 steps or 30 - 44 Active Minutes	80 HealthMiles
			20,000 or more steps or 45+ Active Minutes	100 HealthMiles
	Add entries to your Activity Journal	PER ENTRY	1 entry (max 14 per week)	10 HealthMiles
<b>MEASUREMENTS</b>	Self-enter measurements	PER MONTH	Enter your measurements (weight, blood pressure or body fat percentage)	50 HealthMiles
			Ideal or improved Body Mass Index	50 HealthMiles
			Ideal or improved blood pressure	50 HealthMiles
			Ideal or improved body fat percentage	50 HealthMiles
<b>CONNECTIONS</b>	Interact with other COSA members	ONCE PER MEMBERSHIP	First 5 friend requests	50 HealthMiles
			First time creating or joining a group	100 HealthMiles
			First time posting a status update	100 HealthMiles
<b>OTHER</b>	Log in to your account	PER DAY	1 visit (max 2 per week)	10 HealthMiles
		PER YEAR	Declare yourself smoke-free	100 HealthMiles
			Create a challenge (max 4 per year)	100 HealthMiles

## Member Rewards



POINTS EARNED	0-5,999	6,000-11,999	12,000-17,999	18,000-35,999	36,000+
REWARDS	\$0	\$50	\$100	\$150	\$200

### HEALTHY IS SO REWARDING

Feeling great feels even greater when it comes with awesome rewards, like \$500 from COSA.

\*The new reward system will be effective Jan. 1, 2014

**Questions? Contact Us**  
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